Notices

DAILY RECORDED MESSAGES OF FORT MASON ACTIVITIES & EVENTS: 441-5705

AM/FM RECYCLING. Jane Olsen. Newspaper-loose paper, **NO** magazines, telephone books, or cardboard. Tin & aluminum, clean & flattened. Glass-all colors, caps removed. **2nd & 4th Saturday of every month,** 9AM-2PM, South end of Bldg. A, outside. 282-2479

HANDICAPPED. Ft. Mason can make arrangements for the handicapped if notified in advance. Ramps & elevators are available. Call 441-5706.

Fort Mason offices are now open Monday through Saturday.

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The Fort Mason Foundation gratefully acknowledges contributions received from the following foundation, corporate and government donors:

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To reach the STAFF: 441-5706, M-F, 9-5

DIRECTIONS: **East Bay**-Bay Bridge to Broadway Exit-Broadway to Laguna, Rt. turn to Marina Blvd. & Buchanan St.-Rt. turn. **Peninsula**-US 101 North to Franklin St. Exit. Franklin to Bay, Lft. turn to Laguna, Rt. turn to Marina Blvd. Rt. turn at Buchanan.

Change of Address: Forward both old and new addresses, plus a copy of your most recent mailing label, if possible, to Calendar, Fort Mason Center, Building A, San Francisco, CA, 94123.

Fort Mason Foundation
Laguna and Marina Blvd
San Francisco, CA 94123-1382

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January 1983

FORT MASON CENTER

John McCutcheon at Plowshares Coffeehouse 1/23

FOR THE ARTS, HUMANITIES, RECREATION, EDUCATION AND ECOLOGY.

This monthly calendar supported in part by a grant from the San Francisco Foundation.

Residents Directory

Fort Mason Center houses over forty resident organizations. These groups can provide you with information on the recording business, dance, broadcasting, theatre, river rafting, marine ecosystems, printmaking, copyrights, boatbuilding, freelance writing and much more. Drop in at their offices to find out about classes, services, speakers or trips made available to you by these outstanding Bay Area groups. A complete list of residents appears below.

BLDG A.
Ace Mailing (771-6280)
City Arts Monthly/City Celebration (474-3914)
Contemporary Crafts, Meyer, Breier, Weiss (928-2119)
Fort Mason Foundation (441-5706)
SFMMA Rental Gallery (441-4777)
Greens Restaurant (771-6222)
Tassajara Bread Bakery 2 (771-6330)

BLDG B.
Arts Arbitration & Mediation Services (775-7715 or 775-7200)
Community College Art Center at Fort Mason (776-8247)
Cooks & Company (673-4137)
Marine Exchange (982-7788)
People's Theatre Coalition (885-2790/office, 776-8999/box office)
Ploughshares Fund (922-5393)
World Print Council (776-9200)

BLDG C.
Academy of Media & Theatre Arts (776-4720)
African-American Historical & Cultural Society (441-0640)
Bay Area Lawyers for the Arts (775-7200)
World Music Network (441-5778)
Environmental Traveling Companions (474-7662)
Feedback Productions, Make-A-Circus, Talespinners (776-8477)
Friends of the River (771-0400)
The Fund for Animals (474-4020)
Perception Gallery (776-0347)
S.F. Bay Area Dance Coalition (673-8172)
S.F. Central Y.M.C.A. (855-0460)
S.F. Children's Art Center (771-0292)
S.F. Dancer's Workshop (771-1212)
S.F. Folk Music Center (441-8910)
Waking Up in the Nuclear Age (928-2014)

BLDG D.
Artists in Print (673-6941)
Blue Bear School of Music (673-3600)
Center for Educational Telecommunications (775-0103)
Environmental Federation of California (441-5970)
Friends of the S.F. Public Library (558-3770)
Magic Theatre (441-8001)
Media Alliance (441-2557)
Mexican Museum (441-0404)
Performing Arts Workshop (673-2634)
Poetry Film Workshop (921-4470)
Public Broadcasting Assn. (673-9771)
Western Public Radio (771-1161)

BLDG F.
Whole Earth Books-Mail order only (441-7250)

MARINE CENTER
Greenpeace (474-6767) Bldg E.
Lifeline Marine Research (775-6497) Bldg E.
Marine Center Planning (775-4640)
Maritime Humanities Center (771-3488)
National Liberty Ship, SS Jeremiah O'Brien (441-3101)
Oceanic Society (441-5970) Bldg E.
Oceans Magazine, Oceans Expeditions
Project Tektite (566-9390) (771-7327)
Yacht Racing Assn. of S.F. Bay (771-9500)

BLDG 240
American Youth Hostels, Inc./Travel Store (771-4646)
San Francisco Int'l Hostel (771-7277)

The Fort Mason Foundation, a privately-funded nonprofit organization, is engaged in renovating surplus military buildings at Fort Mason, headquarters of the Golden Gate National Recreation Area. The Foundation administers Fort Mason Center which is located on the Bay between Aquatic Park and the Marina Green. In less than three years, the Center has become a national model for low-cost community-reponsive urban parks.

We invite you to bring your conferences, classes, performances, meetings or benefits to Fort Mason. Space for suitable activities is available for a nominal daily or hourly fee. Enjoy the pleasure of teaching, working, or performing in this unusual national park location. Call 441-5706 for booking appointments and information.

Dear Friends

The past year has been a very exciting and active one at Fort Mason Center. We feel our supporters would like to know about our progress and accomplishments in order to stay informed about what your support has helped make possible.

The most important achievement this year has been the development of a programmatic blend that more closely reflects the ethnic and cultural balance of the San Francisco Bay Area. Besides our 50 outstanding and diverse residents (see Resident Directory), groups such as Underwater Photographic Society, Songwriters Resources and Services, Owner Builder Center, Irish Country Dance, Golden Gate Energy Center, Feminist Writers Guild, and the Film Arts Foundation have begun producing programs at the Center. All organizations combine to contribute over 1,000 classes, performances, exhibits and conferences each month. Events at Fort Mason Center continue to attract a wide range of visitors. Special events and our regular programs brought in a total of 1.5 million people in 1982. And we plan to continue to expand these activities in the year to come. Our Conference Center has become a very important part of our program balance and financial stability. In 1982 it was used by over 150 groups for conferences, benefits, film presentations, performances and other activities. As more organizations want to produce events in our activity spaces, Conference Center and Piers, our financial position will steadily strengthen and will enable us to focus our fundraising efforts in the direction of capital improvements.

I feel very encouraged by our growth and development over the last four years. Having no model from which to learn when we began to operate in 1977, we experienced some time of uncertainty but continually refined our objectives and responsibilities in the development of this wonderful facility. There has been a continuity in the management of the Center and in the Board of Directors. I believe that we are entering a very exciting period at Fort Mason Center and see our goals for 1983 as follows: to continue to expand the quality and balance of the programs with special attention to the cultural and ethnic focus; to promote the Center locally, regionally and nationally to increase awareness and use of the facility as well as support for its development; and to increase the repair and maintenance to keep pace with the increased use of Fort Mason Center.

This spirit of optimism makes it most important that we thank you for your interest and support and hope that you will continue to enjoy all the Center has to offer in the coming year.

Sincerely,

Marc Kasky

Marc Kasky
Executive Director

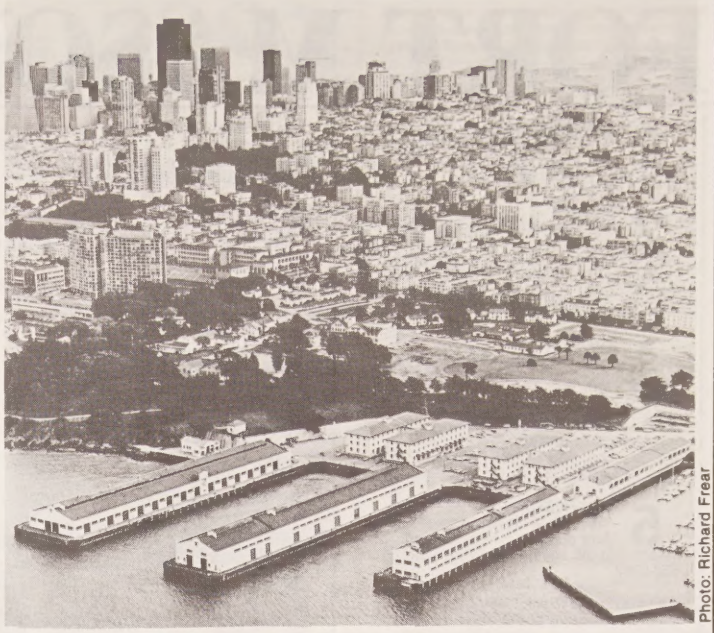

Photo: Richard Frear

People's School of Dramatic Arts

January 24, 1983 marks the opening of the People's School of Dramatic Arts. The school, sponsored by the People's Theater Coalition, will be a training center dedicated to providing professional multi-disciplinary skills development in theater arts.

The school's establishment is consistent with the tradition of accessibility of the theater experience for those audiences who otherwise do not view theater as relevant to their lives. In the same way, People's School of Dramatic Arts addresses the problem of consistent **professional** training for serious theater arts students interested in honing their skills in popular performance techniques, indigenous theater values and generally raising the artistic standards of People's Theater.

People's School of Dramatic Arts director Debra Ballinger, herself a performer, has amassed an impressive battery of instructors, courses and workshops for the school's premiere 10 week session, at various sites throughout the city.

The first session emphasizes playwrighting, directing, and set design. These full courses are supplemented by workshops in comparative acting styles, physical comedy and voice. Among the offerings of the first session: Obie award winner Ed Bullins conducts a workshop on **The Craft of Playwrighting** at Magic Theater, Fort Mason Center; Veteran Bay Area actor and director Joe Bellan teams with Joan Mankin who has worked with Lilith, San Francisco Mime Troupe and Pickle Family Circus for a workshop on **Comedy Techniques** at Valencia Rose; Joan Holden's **Semi-Classical Playwrighting** course runs the full 10 weeks and is offered at Fort Mason Center in the People's Theater Mondays and Wednesdays. Other staff includes set designer Alan Curreri, director John Doyle, director Jaime Jaimes, dramaturgist Stephen Most, critic Rob Hurwitt and many other well known working professionals in the theater arts.

The importance of People's School of Dramatic Arts lies in it's multi-disciplinary format, an approach unavailable in the Bay Area and largely unavailable in the United States. With small class sizes (12-15), limited scholarships, a highly skilled teaching staff, and a generous discount policy, People's School of the Dramatic Arts is an attractive center for the development of needed theater arts skills.

Application deadlines are fast approaching: January 10 for the school and January 5 for the limited available scholarships.

Interested artists should contact People's Theater Coalition in Building B, Mondays through Fridays, call (415) 885-2790.

Welcome to Waking Up In The Nuclear Age

"The splitting of the atom has changed everything save our mode of thinking and thus we drift towards unparalleled catastrophe."
—Albert Einstein

"Waking Up In The Nuclear Age is concerned with changing our mode of thinking." So says the brochure of Fort Mason Center's newest resident group—Waking Up In The Nuclear Age. It joins Ploughshares Fund, Greenpeace, Media Alliance and the Zen Center in bringing a consciousness of peacemaking to this former military base.

Waking Up is an organization of psychotherapists dedicated to consciousness raising, personal support and political empowerment. Its goal is to help us prepare inwardly and outwardly for living in a precarious world and for facing future crises. Waking Up offers:

- **Despair and Empowerment** Workshop to explore our feelings and thoughts about nuclear events, survival and growing up in this Age: to find more powerful and creative ways to work for change.
- How to Talk About the Bomb: Effective Communication With Family, Friends and Strangers Workshop.
- Women/Men: Towards a Post-Nuclear World Workshop
- Trainings to aid mental health professionals to facilitate others in dealing with the threat of nuclear destruction
- Consultations with other organizations on the psychological ramifications of living in the Nuclear Age.
- Private consultations with individuals to recognize and express both personal and planetary concerns.
- Special conferences and educational events.
- Public speaking on the psychology of living in the Nuclear Age.

Waking Up was founded by therapist and writer Chellis Glendinning in 1981 to help people move beyond paralysis and denial about the nuclear menace into a sense of responsibility, empowerment and action. The organization also consists of: Elissa Melamed—Therapist and Author, Berne Weiss—Poet and Therapist, Deborah Weinstein—Therapist and co-founder of the Gestalt Community Action Project, and Marc Kasky—Director of Fort Mason Center. Waking Up is an official project of the Fort Mason Center and is a member of Psychotherapists For Social Responsibility and Interhelp. The goal is to bring us together for common survival.

Waking Up In The Nuclear Age offices are located in Building C, Room 105. For more information call 928-2014.

Join Us

DID YOU KNOW...

Did you know that behind Fort Mason are hundreds of individuals like you who believe in the ideal of free and low-cost programs responsive to people's interests and needs?

BECOME A FRIEND OF THE FORT—
Your financial assistance will help us to continue our transformation of this old fort into lively theatre, galleries, music halls, offices and classrooms. And your involvement in events and programs at the Center will help fulfill the possibilities of this unique project on San Francisco's waterfront.

Friends of the Fort Benefits

Individual—Monthly Calendar, membership card, discount on Magic Theatre's season subscription (Aug & Sept only) 5% off sales at SFMMA Rental Gallery)
Family—Same as above + 2nd membership (same name)
Participating—Same as above + 1 coupon for free fine arts poster of an original painting
Supporting—Same as above + 1 year subscription to Oceans Magazine & the opportunity to purchase up to 4 tickets to a no-host dinner at Greens w/complimentary wine
Donor—Same as above + 2 tickets for a Whale Watching trip or 1 ticket for a Natural History Trip to the Farallon Islands.
Sponsor—Same as above + 2 tickets to a Gala Opening Night at Magic Theatre, (play & catered reception).
Patron—Same as above + tickets to a Liberty Ship Cruise

Friends of the Fort will be admitted at reduced prices to events printed in Italics

- ☐ PATRON - $1,000 or more
- ☐ SPONSOR - $500
- ☐ DONOR - $250
- ☐ SUPPORTING - $100
- ☐ PARTICIPATING - $50
- ☐ FAMILY (2 adults, children under 18) - $25
- ☐ INDIVIDUAL - $15
- ☐ CORPORATE SPONSOR - $1,000 or more
- ☐ CORPORATE SUPPORTER - $500

Name _____

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City _____ State _____

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Checks payable to FORT MASON FOUNDATION
All Contributions are tax-deductible. For further information, please call 441-5706
FORT MASON, Building A, San Francisco, CA 94123

FORT MASON CENTER

Daily recorded messages of Fort Mason Activities and events: 441-5705

January 1983

1 SATURDAY
Alcoholics Anonymous Reg Sat meetings. 1/8,15,22,29 8pm FREE Bldg C 661-1828

2 SUNDAY
Metaphysical Church Service Astrology forecast-guided meditation-Prayer & sermon sharing, individual spiritual messages, metaphysical healings-tarot spreads. 1/2,9,16,23,30 10am FREE Bldg C 567-1723

4 TUESDAY
SF Ski Patrol General mbrshp meeting on winter skiing safety. 7pm FREE Bldg C 523-4862

Nova General Store Almost everything you want/need/consume at low discount prices. Tues. 1/4,11,18,25 7:30pm FREE Bldg C/B 861-4018

5 WEDNESDAY
GGNRA Museum Storage/Gallery open to public. Wed 1/5 1-4pm, Sat 1/8 10am-4pm FREE Bldg E 556-3797

Celebration of Black Poetry Open poetry reading featuring poets of African descent. Musicians, poets & community members invited to share energies. 8pm FREE Bldg C 441-0640

Secret Numbers *Written by John Lion. Street life drama features Hoops, Dicky & C.F. after haute-punk goddess Anne. At Magic Theatre. Previews 1/5-8 8:30pm $7.50 Opens 1/11-2/27 Wed-Sun 8:30pm $9.50/$7.50 stu, Srs, Mat. 1/23,30 2pm $7.50 Bldg D 441-8001 Friends of the Fort, $1 off w/FMC mbrs. card.*

6 THURSDAY
Women Under Stress Learn to control thoughts and reduce stress for a healthier life. 7pm $5 Bldg C 673-2746

The Visions of Simone Machard presented by the People's Theatre Coalition. Written by Bertolt Brecht & Leon Feuchtwanger. Performed by Berkeley Festival Theatre Co. accompanied by Hans Eisler score. A 20th century Joan of Ark defies Nazis & leads underground resistance. Thurs-Sun 1/6-16 8pm Sun Matinees ($1 off) 1/9,16 2pm $7/$6/Stu, TCCBA & PTC Mbrs $5/Srs, Groups of 15+ Bldg B 776-8999

Golden Gate Tennis Club general mbrshp meeting 8pm FREE Bldg C 861-4871

Secret Numbers see 1/5

7 FRIDAY
USCPFA Monthly Meeting educ. programs on art, travel, politics & daily life in the People's Republic of China. 7:30pm $2/$1 mbrs Bldg B 863-0537

Underwater Photographic Society Monthly Meeting 1/7,14, 21 & 28 7:30pm FREE Bldg C 532-7511

Plowshares Coffeehouse pres. The Shillings So. Appalachian songs on homemade dulcimers. 8pm $5/$2.50 Srs Bldg C 441-8910

Secret Numbers see 1/5

Visions of Simone Machard see 1/6

8 SATURDAY
Psychic Horizons Educational organization presents lecture on psychic awareness. Ind. readings for demo part. 1pm FREE Bldg C 753-6001

Black Writers Forum w/Daniel Drapiewski. Presents copyright law as it applies to authors + discuss. 1:30pm Bldg C Mbrs FREE $1/non-mbrs 441-0640

Flash Family Spontaneous comedy review Sat. 1/8,15,22,29 8:30pm $5 Bldg C 771-1046

Photo: Jonathan Singer

1/8 Flash Family Spontaneous Comedy Review

How to Save $ on PGE Learn to use energy saving tech. + info on PGE credit policy & balanced payment plan. Sat 10am 1/8,15,22,29 FREE Bldg C 441-0640

End the Search for the Perfect Diet w/Fred Rohe. Natural foods clarify nutrition's ultimate dilemma. 1-5pm $20 Bldg C 564-7024

From Despair to Empowerment By Waking Up in the Nuclear Age. An opportunity to deal w/difficult feelings & the sense of isolation which limits our effective action to end the arms race. Sat & Sun 1/8 8-10pm, 1/9 10am-4:30pm $20 Bldg B 928-2014

Alcoholics Anonymous see 1/1

Secret Numbers see 1/5

GGNRA Museum Storage/Gallery see 1/5

Visions of Simone Machard see 1/6

Photo: Richard Frear

1/5-1/8 GGNRA Museum Storage/Gallery open to the public

9 SUNDAY
Plowshares Coffeehouse pres. Debby McClatchy. Appalachian & Ca. Gold Rush songs on banjo, guitar, whistle, concertina & spoons. 7:30pm $3.50/$2.50 Srs. Bldg C 441-8910

Best of 7 Poetry/Film Festivals Subtle mood changes from 1975-82 incl. work by Ray Rice, Lawrence Ferlinghetti, Denise Levertov, Kathleen Laughlin, Karl Shapiro & Dorothy Fadiman. 7:30pm $2 Bldg D 921-4470

Metaphysical Church Service see 1/2

Visions of Simone Machard see 1/6

Despair to Empowerment see 1/8

10 MONDAY
Man & the Sea mbrshp open house spon by the Oceanic Soc. 5:30pm FREE Bldg C 441-5970

11 TUESDAY
The Total Picture: Drugs & the Patient Who Misuses Them Seminar for nurses spon. by Carmel Inst. Open to public. 1/11-12 Tues-Wed 9am-5pm $70 Bldg A 408/659-3255

Playwright's Ctr. Script reading/critique Tue 1/11,18 & 25 7:30pm $2 Bldg C 931-2392

12 WEDNESDAY
Nova General Store see 1/4

Secret Numbers see 1/5

The Total Picture see 1/11

13 THURSDAY
History of Native American Fishing: Before & After the Court. Presented by Maritime Humanities Ctr. w/Dr. Polly Quick & George Foreman + film on historic Judge Bolt decision on fishing rights. 7:30pm $1 Bldg C 771-3488/9

GG Audubon Society General membership meeting. 7:30pm FREE Bldg C 843-2222

Secret Numbers see 1/5

Visions of Simone Machard see 1/6

14 FRIDAY
2nd Friday Poetry Series 3rd World cultural & polit. group—Rafiki Poetry Collective—pres. work at African-American Historical & Cultural Society. 8pm $2 $1/Mbrs & Srs Bldg C 441-0640

Irish Country Dance/Concert w/Larry Lynch. Dance to live music of Ireland + entertainment and aud. part. 8:30 $4.50 Bldg C 567-5932

Secret Numbers see 1/5

Visions of Simone Machard see 1/6

15 SATURDAY
SS Jeremiah O'Brien Open Ship Weekend with engine running & original coal stove galley in operation for inspection by visitors. Sat-Sun 11am-4pm $6/family $3/$1 Srs-chldrn Pier 3 East 441-3101

Alcoholics Anonymous see 1/1

Secret Numbers see 1/5

Visions of Simone Machard see 1/6

Flash Family see 1/8

16 SUNDAY
Plowshares Coffeehouse pres. Harmony Sisters. Cajun, swing, gospel, ragtime by Alice Gerrard, Irene Herrmann & Jeannie McLerie. 7:30pm $3.50/$2.50 Srs. Bldg C 441-8910

Great Surrealist Poetry by Painters/Sculptors Little known works by Max Ernst, Jean Arp, Marcel Duchamps, e. e. cummings, Vladimir Mayakovsky & Breton. 7:30pm $2 Bldg D 921-4470

Metaphysical Church Service see 1/2

Secret Numbers see 1/5

Visions of Simone Machard see 1/6

Open Ship Weekend see 1/15

17 MONDAY
Mobilization For Animals Help 35,000 primates suffering in laboratories & prepare for April 1983 Rally at Davis Primate Center. Meet Richard Morgan, founder, Mobilization for Animals. 7pm FREE Bldg C 474-4020

IBM/PC Users Group Meeting. Discuss/demo/exchange info. 8pm $1 Bldg C 751-2231

18 TUESDAY
Nova General Store see 1/4

Playwright's Ctr see 1/11

19 WEDNESDAY
River Slides/Films California's wild rivers and pristine areas + update of current river issues. Spon. by Friends of the River 7pm Bldg C $2 771-0400

Secret Numbers see 1/5

Photo: Brian Fessenden

1/19 River Slides/Films Spon. by Friends of the River

20 THURSDAY
Secret Numbers see 1/5

21 FRIDAY
Plowshares Coffeehouse pres. Slavyanka Russian Men's Chorus. Russian liturgical music & trad. Russian & East European music. 8pm $5/$2.50 Srs Bldg C 441-8910

Secret Numbers see 1/5

22 SATURDAY
SF Apple Core General meeting + demo of new software & hardware. Exchange ideas & info. 10am FREE Bldg C 566-2342

Computer Needs for a Small Business Systems approach to determine & evaluate computer needs/requirements/pitfalls for small business. 8:30am-noon $35 Bldg E 563-5233

Alcoholics Anonymous see 1/1

Secret Numbers see 1/5

Flash Family see 1/8

23 SUNDAY
Book Sale Titles from Art to Zoology on sale for 30¢ or 4/$1. Spon. by Friends of the SF Public Library 11am-4pm FREE Bldg C 558-3770

GG Postcard Club Swap/Trade Postcard display, swap, trade, buy & sell 1:30-3:30pm FREE Bldg C 283-6584

Bay Area Council on Soviet Jewry 7-11pm FREE Bldg A 585-1400

Plowshares Coffeehouse pres. John McCutcheon dance concert of old-time music w/hammered dulcimer, fiddle, Jew's harp, vocals + more. 7:30pm $4.50/$2.50 Srs. Bldg C 441-8910

More Benign Insanity An audience performance of Herman Berlandt's latest poems. 7:30pm $2 Bldg D 921-4470

Metaphysical Church Service see 1/2

Secret Numbers see 1/5

25 TUESDAY
Film & Video Square-Off Media Alliance Panel explores connections & controversies. Peter Adair + others discuss diff. in cost, distribution, technol. & effect on creative impulse. 7:30pm $5 Bldg D 441-2557

Nova General Store see 1/4

26 WEDNESDAY
Secret Numbers see 1/5

27 THURSDAY
Graphic Arts Slide Lecture Spon. by Artists in Print. 7:30pm $5 Bldg C 673-6941

Secret Numbers see 1/5

28 FRIDAY
Secret Numbers see 1/5

Irish Country Dance/Concert see 1/14

29 SATURDAY
Celebration/Faire to create food & shelter fund for people currently out of econom. syst. + info on practical solutions. Music by Wings of Song. Spon. by The Back Yard Comm. & FMC. 1/29,30,31 7:30pm $6/$5 adv. Pier 3 841-6500 x449

Alcoholics Anonymous see 1/1

Secret Numbers see 1/5

Flash Family see 1/8

30 SUNDAY
Plowshares Coffeehouse Bob Steuart & Pete Cooper from England sing w/fiddle & bowed psaltery in hand. 7:30pm $3.50/$2.50 Srs. Bldg C 441-8910

When Poet Meets Filmmaker a review of poetry-film in every shape & form. 7:30pm $2 Bldg D 921-4470

Metaphysical Church Service see 1/2

Secret Numbers see 1/5

Friends of the Fort will be admitted at reduced prices to events printed in Italics

Health & Recreation

YMCA Classes Call 885-0460

Ballroom Dance Ernie Haeusslein's popular class for beginners thru advanced, plus an hour of social dancing. Wed 7:30-10:30pm 8 wks. Singles $22/$17 Y mbrs, couples $40/$30 Y mbrs Bldg C

Dance Exercise A fitness program of warmup, stretching & aerobic dances to music, improves strength, endurance & muscle tone the Y's way. Mon Thur 6:30pm $30/$20 Y mbrs. Bldg C

The Work of Doris Breyer A gentle movement class utilizing the healing potential of your energy's free flow to restore health, flexibility & youthfulness. Tue 6pm, Sat 10am $4/cl Bldg C 221-4444 ext 959

Aerobic Condition to Music Mary Fischer's program to improve flexibility w/Yoga, develop greater strength w/dynamic resistance, improve endurance w/dance aerobics. Wear tennis shoes, Men & women welcome. Mon & Wed 6pm. Tue & Thur 5:30pm, all classes 1½ hr $24/4 wks, $4/cl Bldg C 775-8229

Let's Move w/Stephanie & Sheila Earle. A fast paced workout for those who want to work hard. Mon-Fri 8-9am, Sat&Sun 9-10am, Mon&Wed&Fri 6-7pm, Tue&Thur 7-8pm, Sat 5-6pm, $2/drop-in, $1.75 w/card, Bldg C 776-4509

Shaping Up w/Helene High energy wholistic exercise class that blends: jazz warm-up, aerobic dance, muscle-toning & yoga stretches to "hot" music. All levels, bring mat. Sat 10am, Tue Thur 6pm $35/12cl., $4/cl, Bldg C 387-2140

Awareness Thru Movement/Feldenkrais Method non-strenuous movement lessons designed to improve posture, breathing, movement & self image. All ages & physical conditions. Wear loose clothing. Tue 1/11,18,25 Noon $5/cl Bldg C 647-3056

Irish Country Dance Lessons for Adults Larry Lynch U.S. Champion Dancer teaches fundamentals of Round, Long, Square & Couples dances. Thur 1/20 & 27, Beg: 7:30pm, Inter: 8:30pm, $25/7 cls, Bldg C 863-6424

New Dimensions w/Shirley Dockstader, Jonathan Huggins, Marilyn & Jean Taylor Bldg C 332-9017

Aerobics Stretching, aerobics, total body cond. to fun music for better physical fitness & mental health. Co-ed. Mon-Fri 8&9am, Sat Sun 9am, Mon Thur 5:30pm, Tue, Wed 5pm, Fri 5:30-6:30pm, $3/$2.50 w/card, 1st class FREE

Yoga Emphasis on stretching, flexibility, building physical strength, endurance & mental peace. Mon Wed 3:30pm + Mon 5:30pm Bldg B $5/$4 w/card

Seniors & People New to Exercise a special class w/emphasis on: stretching, flexibility & general body-toning. Tue Thur 10:30am, $3/$2.50 w/card, 1st class FREE also FREE for Seniors

Dancergetics Co-ed aerobic fitness program. Dance-exercises choreographed to music. All ages & levels of fitness. Mon Wed 5pm, Sat 10am, $2.50/cl. Bldg C 563-7082

Sensory Awareness practical experiments aimed at intellectual quiet, full use of senses & breathing & a fuller presence in activities. Wed 10am & 6pm $150/12wks Bldg C 388-3219

The Practice of Meditation A class designed to give direct experience in meditation using various methods. 1/4-25 Tues 7:30pm Free Bldg C 337-1775

Contemporary American Black Dance express attitudes/rhythmic movements/isolation of body parts/high energy movements & move like you never moved before. 10 wks 1/5-3/9 Wed 7pm $60 Bldg C 771-1212

International Folk Dance of Balkan countries, East Europe & Mid-East. for beg. & inter. No partners nec. Thurs 1/9-2/24 8pm $28 Bldg C 397-9297

HAVING TROUBLE RECEIVING YOUR CALENDAR? Have you moved or changed your name recently? To assist you we need the following information.

Name (old and new)
Address (old and new)
ZIP CODE (old and new)
Telephone #—daytime
Date of most recent membership contribution

Classes and Workshops

Visual Arts & Media

Ft. Mason Art Ctr. offers tuition-FREE, ongoing classes in painting, drawing, glass, sculpture, jewelry-making, batik, ceramics, quilting, weaving, art critique & curatorship. A Galileo-Marina Community College Ctr. program open to anyone 18 years & older. Info in Bldg B 776-8247

Academy of Media & Theatre Arts offers Classes in radio and video techniques for young people 12-19. For info. 776-4720

Basic Film Workshop Intro. Filmmaking course incls: camera operation, script writing, editing & sound + production of one short film. Sun 1/9-2/27 3-6pm adv. reg. req (2wks adv.) $50/7wks, Bldg D 921-4470

Artists in Print (AiP) offers workshops in pasteup production, graphic design, illustration, advertising agency art direction each spring & fall. Write AiP Survival Workshops, Ft. Mason Ctr. SF 94123 & SASE

Media Alliance Classes/Panels info. & registration Bldg D 441-2557

Producing Creative Slide Shows Help your organization achieve its fundraising, outreach & educational goals. Thurs. 1/27-2/17 6:30-9:30pm $55

Writing Nonfiction Book Proposals That Sell incl book publishing in the 80s, elements that make a proposal sell & creative problem solving. Wed 1/26, 3/2, 4/13, 5/25 6:30-9pm $70

Writing Children's Literature incl style, characterization, writing for different ages & submission procedures. For Beg & Exp. writers. Thurs 1/27-3/3 6:30-9:00pm $70

Producing a Documentary Film & Video makers will benefit. Incl proposal writing, preparing shooting outline/script & budgeting/distrib. 1/27 6:30-9:00pm 2/5 10am-4pm 2/10 6:30-9pm $60

Creating an Effective Newsletter incl practical aspects: graphic format, costs & deadlines. Mon. 1/24-2/21 6:30-9pm $55

Choosing a Word Processor: A How-To Seminar For writers, journalists & professionals incl demo of word proc. systems. Fri 1/9 9am-4pm $34

"I Could Write Better TV Shows Than That" Basic survey course incl script format, agents, creating characters, effective dialogue & selling from SF. Wed 1/26-2/16 $55

Painting on Silk transform a piece of white silk into a scarf, wall hanging etc using trad. French tech. Sat 1/8,15,22, & 29 9am-noon $45/series $5/materials Bldg E 332-4660. Friends of the Fort, $5 off series price w/FMC mbrshp card.

Martial Arts

ICI Tai Chi Chuan Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. Tue Thur 7-9:30pm $40/mo. Bldg C 524-4718

Chinese Martial Arts Jack Man Wong. Tai Chi Chuan & Northern Shaolin for robust health, high spirits, rational thinking & self-defense. Wed Fri 6-8pm Sun 10am-12pm Bldg C $30/mo 261-7105

Environment

Owner Builder Ctr. offers ongoing courses in Plan Drawing, Design, Housebuilding & Remodeling. Info. & Reg. call 526-9222

Owner Builder Ctr.

Children's Classes

SF Children's Art Ctr. offers instruction in painting, drawing, printmaking & sculpture. Individual attention to each child's development ages 2-10. Bldg C 771-0292

Academy of Media & Theatre Arts offers classes in creative drama for children 8-12. Classes meet 15 wks on Sat begin 10/9. For info. & reg. Bldg C 776-4720

Children's Animation Workshop 1982-1983 Make your own films using cut-outs, clay, collage & film strips. Make sound effects & graphics based on your own story/poem. Sun 1/9-2/20 11am $25/6wks Bldg D 921-4470

Education

Black Writers Workshop Poetry & prose are shared & discussed. Publishing resources & how-to logistics provided Sat 1-3pm FREE Bldg C 441-0640

Intro. to Ideas of Gurdjieff Weekly meetings to discuss Gurdjieff's work, w/emphasis on practical application in daily life. Tue 8pm FREE Bldg E 626-9301

Tear Gas/Mace Self Defense Course incls: tear gas training & permit; instruction in psychology of assault prevention, & simple defense skills. W/Judith Fein, Ph.D., author, Bk. Belt Korean Karate. Sat 1/15, 10am Wed 1/19 7pm, $24/$20 pre-reg. Bldg C. 564-9140.

Word Magic-Power of Language Creative writing wkshp using methods/experiments of classic mod. poets & concentr. on stud. work. 10 new works expect. from each stud. within course. Wed 1/5-2/9 7pm $25/6wks Bldg D 921-4470

Seminar Series for Fathers Uniquely for men, this series offers solutions to work issues-relationships-child rearing-communication + future of fatherhood. Thurs 1/27 7:30pm $40/series Bldg C 924-9675

Beginning Backpacking Learn safe, fun, environmentally sound ways to backpack & experience the wilderness. Wed. 1/5-26 7pm $45/4wks + $1.50/mater. Bldg C 664-2645

Career Exploration Workshop incl strategy, decision-making, setting long & short term goals, resume writing & interviewing tech. Thurs/1 Wed. 1/6-26 6pm $44/series $19.50/mater. Bldg B 497-0657

Practical Celestial Navigation Emphasis on fundamental concepts to prepare the mariner to navigate by celest. observation. Thurs 1/27-3/31 7pm $110/course Bldg C 930-7965

1/27 Practical Celestial Navigation

All events are presented through the cooperation of Fort Mason Foundation and the Golden Gate National Recreation Area. Visit Fort Mason Center, Laguna and Marina Blvds., S.F. 94123. 441-5705.

Performing Arts

Blue Bear School of Music offers classes in Jazz, Rock & all styles of popular music + synthesizer & music business. Call for FREE catalog. Bldg D 673-3600

Song Evaluation Workshop Bring guitar or a cassette of your song & 15 copies of your lyrics w/Songwriters Resources & Services. Tue 1/11 7pm, $5/$1 SRS mbrs, Bldg C (213) 463-7178

Academy of Media & Theatre Arts classes in Basic Acting Techniques, Scene Studies and Audition Techniques, Musical Theatre and Media Techniques for young people 12-18. Bldg C 776-4720

San Francisco Theater Academy offers classes in the Stanislavski System: Psycho-Physical Acting Technique. Mon-Wed-Fri 10:30am-1pm Bldg C 775-1533

Improvisation Classes w/Sue Walden info & reg. 771-1046

Improvising Scenes I Tools, exercises & practice in creating comedic & dramatic scenes spontaneously; verbal & non-verbal. Improv exp. helpful. 1/4-2/22 Tues 7:30pm $90 Bldg E 771-1046

Improvisation Techniques II Exercise, games & performance frameworks. Work in small groups. Prereq. Improv Tech. I or equiv. 1/10-2/14 Mon. 7:30pm $70 Bldg B 771-1046

Improv. Scenes Adv. progress to complex, spontaneous performance situations thru dubbing, quick changes, split screens & freezes. Req. scene improv. training. 1/6-2/25 Thurs 7:30pm $90 Bldg E 771-1046

People's School of Dramatic Arts of the People's Theatre Coalition opens 1/24 & provides professional/multi-disciplinary skills in acting/playwriting/directing/design. Special wkshps incl: Playwrights Wkshp, Elements of Theatre Criticism, Vocal Production, Comedy Tech, Physical Comedy, Shakespearean Acting. 10 wks begins 1/24, reg by 1/10 Bldg B. For info 885-2790.

Galleries

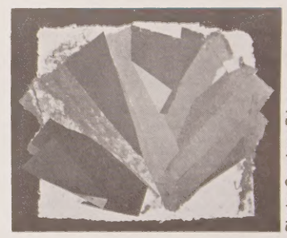

Photo: Courtney Frisse

Contemporary Crafts Meyer, Breier, Weiss Gallery presents Gallery Artists 1/4-29

Fort Mason Poster Show Placards & posters from many of the activities, events & residents of Fort Mason Center. Mon-Sat 1/5-28 9am-5pm FREE Bldg A FMC Lobby 441-5706

Photo Exhibit by C. Cavallero. Startling & fascinating documentary of the North Beach club scene. Tue-Sat 1/5-2/27 12-6pm FREE Bldg D 441-8822

Contemporary Crafts Meyer, Breier, Weiss Gallery presents Gallery Artists 1/4-29 Tue-Sat 11am-5pm Bldg A 928-2119

World Print Gallery presents "Architectural Images" work in all media incl. monotypes, based on architectural and urban themes. 1/4-28 Mon-Fri 10am-5pm Opening 1/4 5:30-7:30pm Bldg B 776-9200

SF Museum of Modern Art Rental Gallery presents paintings by Lisa Baach & Susan Keiser + photographs by Christi Reidell 1/4-29 Tues-Sat 11:30am-5:30pm Bldg A 441-4777

Mexican Museum presents Oil Paintings by Alfredo Arreguin + Ceramic Sculpture by Richard & Graciela Rios & Photographs by Daniel Salazar Wed-Sun 1/12-3/13 12-5pm $1/Adm. Opening Recept. 1/13 6-8pm FREE Bldg D 441-0404

Perception Gallery Tues-Sat 1-4:30pm Bldg C 776-0347 **Group Show** multi-media by members of Sight/Insight 1/4-29